

Is your child expressing suicidal thoughts?

Are they...?

- Aggressive or angry
- Expressing that they wish they were dead
- Withdrawing themselves from situations
- Feeling useless or worthless
- Expressing self-loathing
- Worried/anxious or restless
- Fixated with death
- Lacking motivation



It's important that you and your child know that suicidal thoughts do not always mean that someone wants to take their own life, it is a scary time for both your child and you!

TOP TIPS

- Expressing suicidal thoughts doesn't always mean you want to die, sometimes it's about wanting a certain situation or a feeling to stop, these thoughts and feelings should be explored with your child.
- Reassure them that you are listening and hear what they are saying.
- Get professional support for you and your child, early intervention is crucial.
- Being mindful of the warning signs and risk factors that may increase your child's risk of suicidal thoughts is important.
- Maintain a safe environment, recognising and removing any items which may pose a risk.
- Keep school informed, so that they can support your child and make any necessary referrals.
- This can be a very difficult and scary issue for you to discuss and cope with, please seek further help/support for yourself.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to
www.openmindscalderdale.org.uk

Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

www.openmindscalderdale.org

kooth



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years
Opening times:
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm
Contact details: www.kooth.com

TIMEOUT
FIND YOUR THING



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years
Contact details: 07418 311736 (text for a call back)
www.timeoutcalderdale.co.uk

POSITIVE IDENTITIES SERVICE
CELEBRATING DIVERSITY WITH PRIDE



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years
Contact details: 01422 371993 or
PositivIdentities@barnardos.org.uk

Open Minds
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Open Minds (CAMHS) offers specialist help and support around mental health.

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c&k careers



C&K Careers offers specialist advice, support and guidance on future career options.

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ChatHealth



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

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Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years
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Healthy Futures Calderdale



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974

branching out
DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years
Contact details: 01422 415550

Sexual Health
Calderdale & Huddersfield



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370

THE BREW PROJECT
Building Resilience & Emotional Wellbeing



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Is your child feeling frustrated, cross or angry?

Do they...?

- Tell you their heart sometimes beats faster
- Get an uncomfortable feeling in their stomach
- Tense their muscles and find it hard to relax
- Have moments of feeling hot or sweaty
- Clench their fists or teeth
- Hit themselves or others
- Get tightness in their chest
- Tremble/shake



It's important that you and your child know these feelings are understandable in the current circumstances and that anger is a normal emotion.

TOP TIPS

- Give them some time and space to calm down.
- When a child is angry their brain shuts down the part which can listen to reason.
- Reassure them that you understand why they are feeling so frustrated.
- Talk and listen without judgment.
- Explain that when in school, they can talk and get support from an adult.
- Trying [meditation and breathing techniques](#) together.
- [Make a Calming Jar](#) with your child.
- [Use a weighted blanket](#) to help them to calm down.
- Divert their attention: try dancing to music, exercising, baking, colouring, taking a shower or a bath.
- Encourage them to write down how they feel.
- You may also feel worried, so remember to seek help and advice if you need it.

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Is your child suffering from low mood?

Do they seem...?

- Sad or tearful
- Worried or nervous
- To be lacking motivation or withdrawn
- To have a poor appetite or overindulging
- Tired or struggling with sleep
- Low in self-esteem or confidence
- Hopeless and feeling worthless



Feelings of low mood can often pass after a few days, helping your child to understand that this is a normal emotion can make a difference to their mood.

TOP TIPS

- Talk to your child about their feelings.
- Encourage your child to talk to a trusted adult about their feelings, this could be a GP, counsellor or helpline.
- Do things together such as playing games, watching a movie, listening to music, dancing, baking, cooking, arts, crafts.
- Be active together this could be going for a walk or trying yoga.
- Try mindfulness techniques
<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
- Keep a journal or diary.
- Breathing techniques help people relax and feel calm
<https://www.moshisleep.com/blog/deep-breathing-exercises-for-kids>
- Take a warm bath.
- Look for ideas to improve sleep
<http://www.openmindscalderdale.org.uk/sleep-advice/>
- If you feel worried yourself, you can also seek advice if it is necessary.

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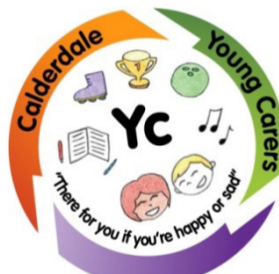
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Is your child finding the back to school routine difficult?

Are they...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired



It's important that you and your child know that changing routines in the current circumstances can be normal and new routines can be formed.

TOP TIPS

- Setting an alarm in the morning will help add structure to the day.
- Eating breakfast will give your child an energetic boost to start their day.
- Get some fresh air, even if this is having meals outside or going for a walk.
- Cook together, you could stock up the freezer by cooking in bulk.
- Be creative and make a rota to show your child their daily routine.
- Make a reward chart to show progress and rewards for daily achievements.
- Call family and friends, communicating with others helps you stay connected and less lonely.
- Have a consistent bedtime, a good night's sleep is important. Send your child to bed 15 minutes early so they can unwind and relax before going to sleep.
- Reduce your child's time on devices to relax their minds.
- Take some time out for yourself to relax, you are important too.
- Don't pressure or judge yourself if things aren't going according to plan, you are trying to do your best.

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Is your child hurting or harming themselves?

Have they...?

- Got unexplained bruises, sores, cuts or burns
- Become withdrawn
- Experienced a change in behaviour
- Shown signs of low mood, depression, worry or anger
- Expressed self-blaming feelings of failure, hopelessness, or says they are useless
- Avoided swimming or changing clothes around others



It's important that you and your child know that children sometimes intentionally hurt themselves as a way of managing their emotions.

TOP TIPS

- Talk and listen to your child without judgment. It's important you listen to your child and make sure they feel understood.
- Explain that when in school they can talk and get support from a trusted adult.
- Talk to your child about which emotion they are trying to manage so that you can look for different coping strategies together.
- Try a [distraction strategy to help your child divert the habit](#).
- Listen to mindfulness music or their favourite music and dance it out.
- [Take regular time outs](#).
- Make a mood jar with your child and [use breathing techniques](#).
- Open Minds Calderdale website has lots of resources and advice that will help you and your child [find a solution](#).
- Encourage your child to speak to a professional who can also help (e.g. a GP, counsellor or helpline).
- This can be a very difficult subject for you to discuss and cope with, please seek further help/support for yourself.

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Is your child feeling stressed, worried or uncertain...?

Are they...?

- Restless
- Having chest pains
- Getting headaches
- Losing their appetite
- Not sleeping well
- Avoiding situations
- Needing lots of reassurance
- Having panic attacks



It's important that you and your child know these feelings are understandable in the current circumstances and that worry is a normal emotion.

TOP TIPS

- Be positive, talk and listen to your child.
- Don't dismiss any worries even if they seem unrealistic.
- Remind them that it's OK to feel however they feel and that 'this is NOT going to last forever'.
- If they are worried about family members getting coronavirus, reassure them that everyone is trying to keep as safe as possible.
- Explain that when in school they can talk and get support from an adult.
- Encourage your child to get plenty of sleep and limit screen time before bed.
- Make a worry box with your child:
youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/
- Do some breathing exercises together:
www.headspace.com/meditation/breathing-exercises
- If you or your child has any particular needs, worries or concerns that you want to share with someone, speak to their teacher or another professional.
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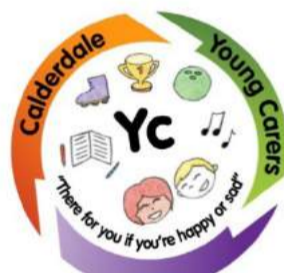
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